

A new approach to osteopathy teaching & healthcare

Open Forum

"Osteopathic Models - between
tradition and evidence-based practice"

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**WARSAW
MEDICAL
ACADEMY**

WELCOME

OsEAN
Osteopathic European Academic Network



Osteon
education



**WARSAW OSTEOPATHIC
MEDICINE ACADEMY**



HANDS*with***HEART**





Osteopathy
&
osteopathic
education

Future of osteopathic
education: further then
the (choice between
the) current models

TRANSITION

Necessary: the only
constant in live is the
constant change

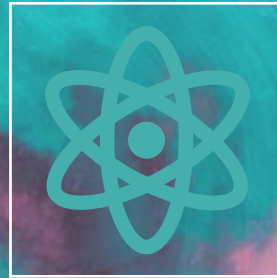
Consensus
on the fact
there is no
consensus



AIM



to provide the participant
with a new model of
osteopathic education



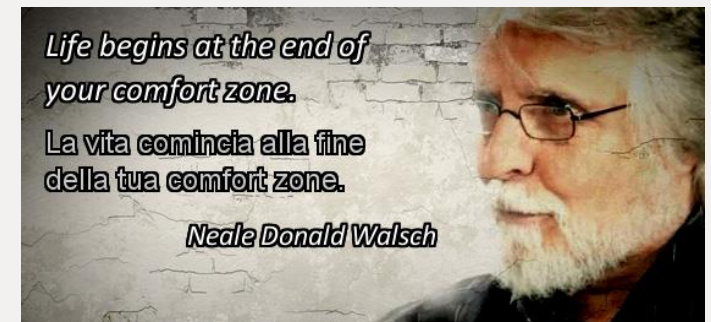
that serves as a framework for
both osteopathy and its
education.



The future of osteopathy is
created by the future
osteopaths, which are shaped by
the future osteopathic
education.

INSIGHTS FROM FIELDWORK

- For the osteopath who stepped outside the classical comfort zone of an osteopathic clinic
- Step outside the comfort zone of thinking in the way one was taught.
- Just as most teachers teach the way they were taught; most osteopaths think the way they were taught.
- Surprisingly efficient in the classical osteopathy practice and apprenticeship clinic.





CONTEXT



- 70% of any population's health coming from factors outside medical care delivery
- 20% medical care delivery
- 10% genetics

Linda Fried, Dean, College of Public Health,
Columbia University World Economic Forum,
Davos, 2018



70% CONTEXT

This is why the new framework is not model-based but health-based.

EVOLUTION

Health 4.0 – an initiative based on U-labs, which relates to Theory U, and was developed by Prof. O. Scharmer at MIT, Boston, USA

HEALTH 1.0

Physician
Centric

Traditional
Disease
Hierarchy

HEALTH 2.0

Science
Centric

Evidence Based Medicine
Data Driven
Information

HEALTH 3.0

Patient
Centric

Personalized Care
Pathogenesis
Stakeholders

HEALTH 4.0

Health
Centric

Sources of Health & Well-Being
Salutogenesis
Partnerships

THEORY U – Prof. O. Scharmer (MIT)





SALUTOGENESIS

- What causes health?
- Assumes we are inherently flawed
- Reaching potential
- Treating gain or growth
- Proactive
- Realistic

What causes health?



PATHOGENESIS

- What causes diseases?
- Assumes we are inherently healthy
- Avoiding problems
- Treating illness or disease
- Reactive
- Idealistic

What causes diseases?



SALUTOGENESIS VS. PATHOGENESIS
(ICDK, 2023)

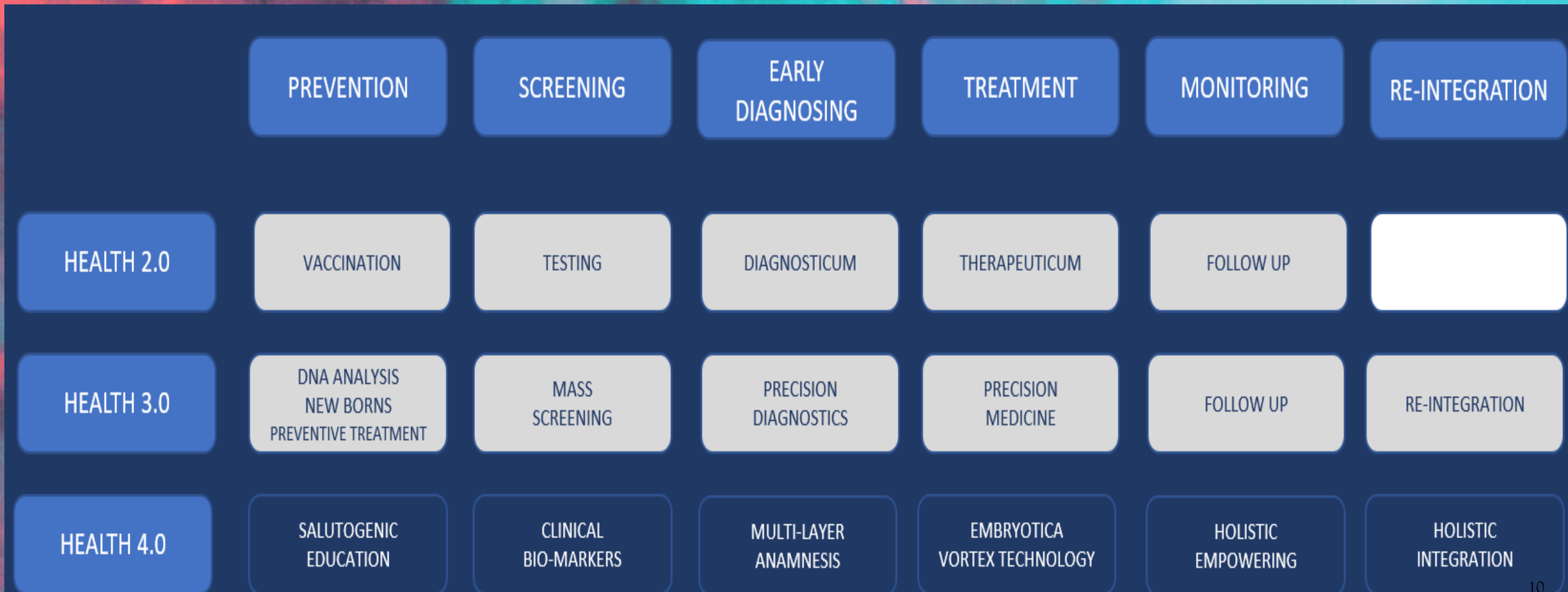


CONSULATE GENERAL
OF DENMARK
Silicon Valley

INNOVATION
CENTRE
DENMARK



A LEVER IN HEALTH CARE APPROACH: FOCUS ON HEALTHCARE INSTEAD OF 'SICK-CARE' (PATHOGENESIS)



HEALTH AS A MEGA CRYSTAL

Allostatic Load

- ACE's
- Collective Trauma
- Life experiences

Ecological Load

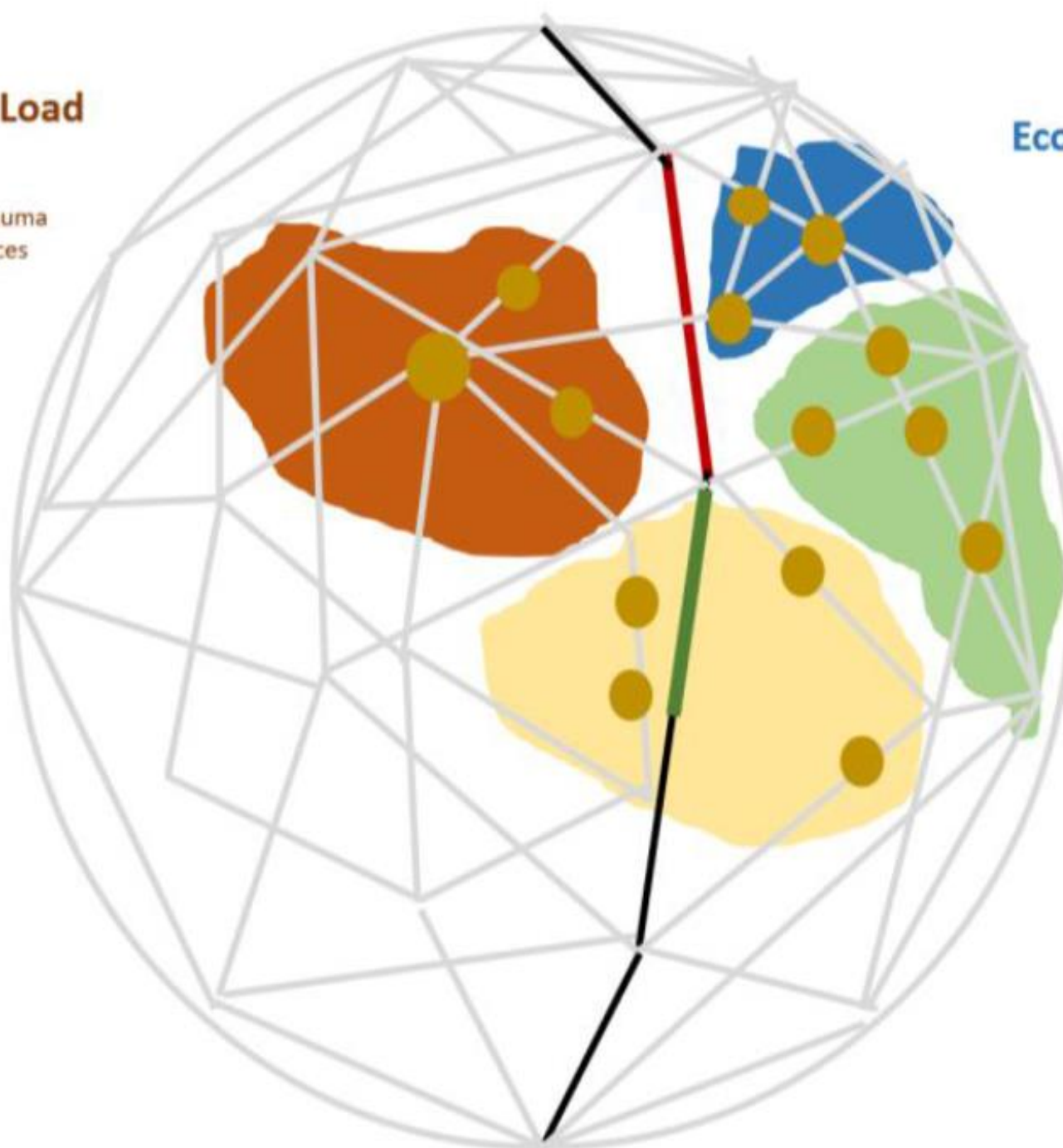
- clean air
- sunshine
- absence of noise
- healthy water
- radiation

Iatrogenic Load

- drug residues in water
- hospital bacteria
- diagnobesity
- wicked problems
- unnecessary treatments
- side effects

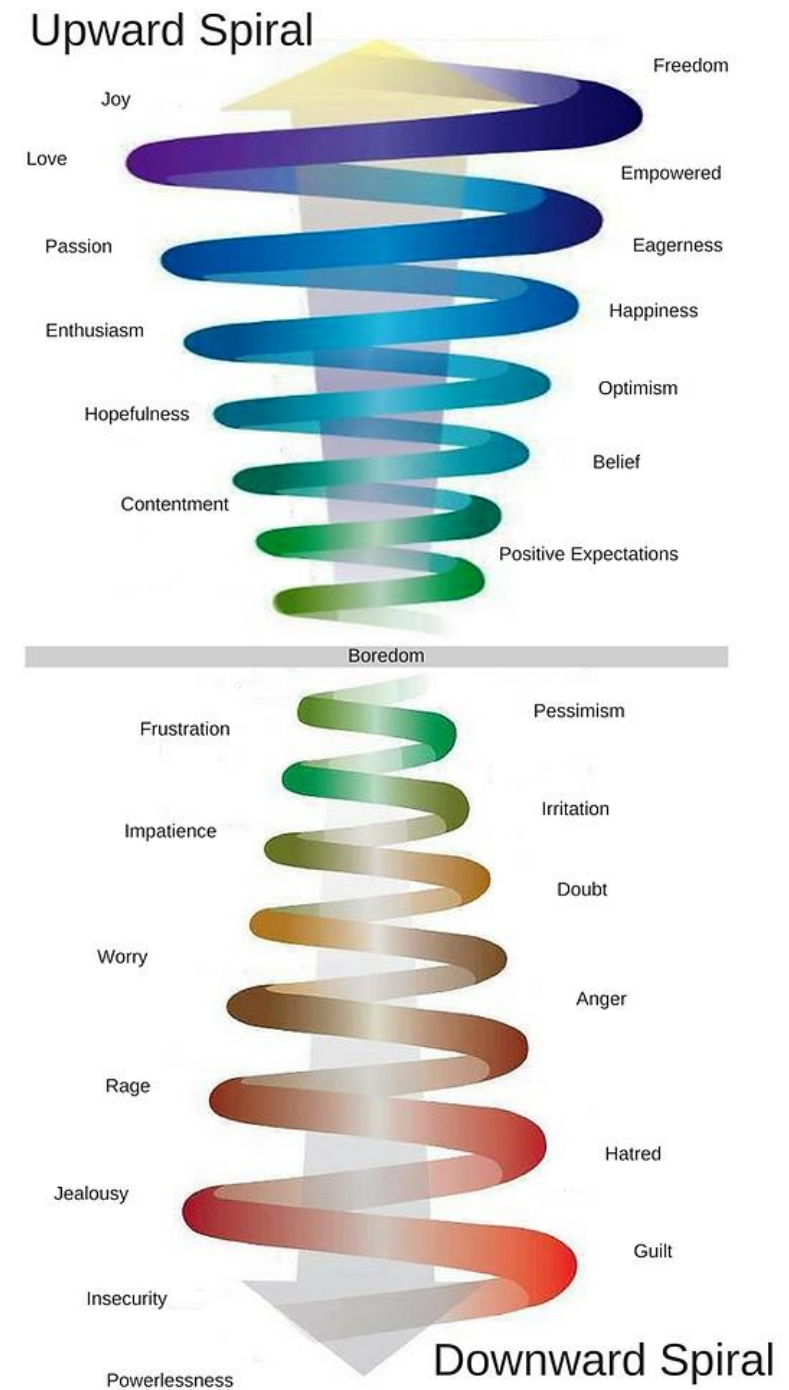
Bio-Dynamic Powerlessness

- bio-mechanical
- bio-chemical
- - psycho-emotional
- I + C contextual flow



POSITIVE SPIRAL

- Chronic inactive
- 60 —————→ $\frac{3}{4}$ break the downward spiral
- 3 —————→ 60





“LIKE THE TWIG THAT IS
BENT SO DOES THE
TREE INCLINE” IS A FAMOUS
QUOTE BY ANDREW TAYLOR
STILL (1897)

OVER 1000 KIDS
HEALTH PLAN



NEW PERSPECTIVE



MOVE ON



Knowledge is like paint.
It does no good until is
applied.



TAKE HOME MESSAGE

- The most beautiful profession in the world
- Thank you!



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